

Loch Centre  
FITNESS TIMETABLE

Thursday 18 August

Time	Activity
07:30 - 08:15	Yoga
09:30 - 10:15	Spinfit
10:15 - 11:00	Zumba
11:00 - 11:45	Funky Fitness
18:05 - 18:50	Bodybalance
19:15 - 20:00	Bodypump